



Foz Coa

DOURO

TRAIL ADVENTURE®

BY CARLOS SÁ NATURE EVENTS

FOZ COA DOURO TRAIL ADVENTURE RULES



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1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in Foz Côa Douro Trail Adventure® is 18 years of age.

1.2. Confirmed registration

To participate in the competition athletes must have their registration validated and agree to comply with the race regulations.

1.3. Physical condition

- It is essential to be in a good physical condition to participate in this race;
- The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;

1.4. Possibility of outside help

Support for athletes by elements external to the organization is only allowed at fuel stations, and the athlete, according to point 1.3., must be aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

1.5. Race bibs

The race bib is personal and not transferable. Race bibs must be clearly visible throughout the race. In the case of abandonment runners must return their race bib to the organisation.

1.6. Sportsmanlike conduct rules

Unlawful behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

The Foz Côa Douro Trail Adventure® (FCDTA) is organized by Carlos Sá Nature Events®, with the support of the Municipality of Vila Nova de Foz Côa and will take place from 10 to 12 March 2023.

Alto Douro will be the main stage for this fantastic Trail event, which will feature the 3 days/3 stages pack and also, on the 12th, with distances to count for the Best Trail Series and ATRP circuit.

The points of interest go through the magnificent landscapes of mountains and terraced valleys, torn by the Douro and Côa rivers, through the agricultural fields with the vineyards (of the best wines in the world), almond trees in bloom and olive trees. The deactivated Tua and Pocinho railway line, the historic villages of Castelo Rodrigo and Marialva, the villages of Foz Côa, are some of the many highlights of the region.

If the organization understands it and the safety of the participants justifies it, the routes previously established for the event may be changed.

2.2. Program of Foz Côa Douro Trail Adventure 2023

1st Day – Friday 10 of March

12:45 pm – Athletes meeting at the Campanhã train station.

01:25 pm – Transfer to Foz Côa (not included)

04:40 pm – Check-in at Centro de Alto Rendimento do Pocinho and Race bib distribution

05:30 pm – Transfer to visit the famous Quinta de Vale Meão.

06:30 pm – Start of 1st Stage **Sunset 14Km**

09:00 pm – Dinner at Centro de Alto Rendimento do Pocinho.

2nd Day - Saturday 11 of March

08:00 am – Start of breakfast at CAR

09:30 am – Start 2nd Stage **19Km/42km**

12:00 pm – 03:00 pm – Lunch (not included)

04:00 pm – Expected arrival of the last athletes

07:30 pm – Dinner at Centro de Alto Rendimento do Pocinho

3rd Day – Sunday 12 of March

06:00 am – Race bib distribution

07:00 am – Transfer the athletes of 45k

08:00 am – Start **FCTA_45km**

08:15 am – Transfer the athletes of 26k

09:15 am - Start **FCTA_26km**

09:45 am – Transfer the athletes of 13k

10:30 am - Start **FCTA_13km**

03:00 pm – Prize giving ceremony

05:15 pm – Return to Porto in train

***NOTE: The distances and altimetry can suffer changes**

2.3. Time control methodology

Control performed through a chip inserted in the dorsal.

2.4. Supplies

This race takes place in semi-autonomy, being essential that each athlete is accompanied by a minimum amount of calories and liquids for each stage, in order to satisfy their needs between supplies. Liquid/solid supplies will be approximately 10 km apart on average.

2.5. Recommended material

- Food reserve;
- Reservoir for liquids with at least 0.5l capacity;
- Survival blanket;
- Whistle;
- Waterproof Jacket;
- Mobile phone;
- Headlight;
- Device that allows viewing geographic coordinates and altimetry - GPS or another that has this functionality

2.6. Information on passing places with road traffic

The organization will have a security system along the entire route, however, given that it will be impossible to cut off road traffic in some passages, participants must comply with the traffic rules on public roads, and must also respect the surroundings of the route. , being aware that the route may cross private property under penalty of having to assume potential damages and compensation resulting from non-compliance.

2.7. Penalties / disqualifications

Athletes must comply with this regulation and have an appropriate sporting and environmental conduct, in compliance with the rules of Portuguese Law.

Don't leave more than footprints, don't take more than pictures!

2.8. Responsibilities towards the athlete / participant

Enrollment in the race will imply total acceptance of the present regulation. Participants will be responsible for all actions likely to produce material, moral or any other damage to themselves and/or third parties. The organization declines all responsibility, in case of accident, negligence, or theft of objects and/or valuables from each participant. The organization, as well as any of those involved in the organization of the event, are exempt from liability resulting from the acts described above.

2.9. Sports insurance

The organization contracts the insurance required by law to carry out this type of test. The insurance premium is included in the registration fee.

3. Registrations

3.1. Registration process (site, website, bank transfer)

Registration is done online through the website. <https://carlossanatureevents.com/en/fcdta2020>

3.2. Registration fees and periods

FCDTA 3 Days/3 stages (without accommodation or tent) - limit of 100 participants

Until 4th March 2023 – **120€**

The registration includes: Transfers between stages every day; 2 Nights in a tent at the Pocinho High Performance Center (CAR); 2 dinners (10th and 11th); Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA 3 Days/3 stages (with accommodation) – limit of 100 participants

1st Fase: Until 1st February 2023 – **200€**

2nd Fase: Until 4th March 2023 – **250€**

The registration includes: Transfers between stages every day; 2 Nights at the Centro de Alto Rendimento do Pocinho (CAR) with breakfast included, in a single or double room (double rooms have a limited number of 8); 2 dinners (10th and 11th); Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA_45km

1st Fase: Until 1st February 2023 – **35€**

2nd Fase: Until 4th March 2023 – **40€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA_26km

1st Fase: Until 1st February 2023 – **25€**

2nd Fase: Until 4th March 2023 – **30€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA_13km

1st Fase: Until 1st February 2023 – **15€**

2nd Fase: Until 4th March 2023 – **20€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

3.3. Event secretariat / times and locations

Friday March 10th

4:40 pm: Functioning of the secretariat at the Pocinho High Performance Center (CAR)

Saturday March 11

16:00 – 20:00: Functioning of the secretariat at the Centro de Alto Rendimento do Pocinho (CAR)

Sunday March 12

06:00-10:00: Functioning of the secretariat in front of the Municipality of Foz Côa

3.4. Conditions for returning the registration fee

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Data de Cancelamento	Percentagem de Reembolso
Until 31st December, 2022	70% of the application fee will be refunded
1st January 2023 to 15th February 2023	40% of the application fee will be refunded
After 16th February 2023	No refund

In the event that weather conditions or reasons of force majeure do not allow the event to take place and lead to its cancellation, registrations will be automatically transferred to the 2024 edition, if a refund is requested by the participant, 70% of the amount will be refunded.

4. Categories and Awards

4.1. Date, place and time of prize delivery

The award ceremony will take place on the following day and time:

- FCDTA 3 Stages/Sunset: March 10th at 8:00 pm in CAR Pocinho
- FCDTA 3 Stages/Trail of the Engravings: March 11 at 8:00 pm in CAR Pocinho
- FCDTA_45k, 26k and 13k: March 12 at 15:00 at Praça do Município

4.2. Categories

Regarding the general classification on the 12th, trophies and monetary prizes will be awarded according to the table below:

	M/F
FCDTA_45k	
1º Place	✓
2º Place	✓
3º Place	✓
4º Place	✓
5º Place	✓
FCDTA_23k	
1º Place	✓
2º Place	✓
3º Place	✓
FCDTA_13k	
1º Place	✓
2º Place	✓
3º Place	✓
FCDTA_3 Dias	
1º Place	✓
2º Place	✓
3º Place	✓

Regarding the general classification of the 3 Days, the classification will be solo, regardless of the ages of the athletes that compose them.

Prizes

Foz Côa Douro Trail Adventure 3 Days/3 stages

Male:

- 1º – Trophy
- 2º – Trophy
- 3º – Trophy

Feminine:

- 1º – Trophy
- 2º – Trophy
- 3º – Trophy

All athletes registered in the 3 Stages version, also enter the individual classification on the 12th, at the beginning of March, the organization will ask what distance they intend to run on the 12th (13k, 26k or 45k)

*In the 3 stage version, there will be no classification by tiers, due to the reduced number of participation.

5. Information

5.1. How to arrive

If you are traveling from outside the country, you can choose Porto International Airport. The transfer to and from the race is included in the registration price, at a time and place to be agreed.

5.2. Where to stay

Accommodation during the stages is included in the registration fee.

5.3. Places to visit

There are numerous places to visit in the area surrounding the test. Detailed information on the page of the municipality of Vila Nova de Foz Côa.

6. Environmental responsibility

The athlete is solely responsible for transporting all wrappings and natural waste (even if biodegradable), or unnatural, from gels, bars and/or others. You must deposit the waste at the nearest supply, or transport it to the finish line.

For 2023, Carlos Sá Nature Events wants to offer, to all those who decide to register for its events, a small contribution of €5 (optional) for the purchase of native trees. Together with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events is committed, with the funds raised, to developing tree planting and reforestation actions in the geographical areas where it develops its activities. These actions will be scheduled and carried out by CSNE following the guidelines of these local partners who, better than anyone, know the region, the species and the right times to make the plantations.

You can join this initiative by selecting the EXTRA “Carbon Offset” when registering.

7. Image rights

The acceptance of the present regulation implies, necessarily, that the participant authorizes the organizers of the event to record all or part of their participation in the same, it also presupposes their agreement so that the organization can use the athlete's image for the promotion and dissemination of the event. in all its forms (radio, written press, video, photography, internet, posters, media, etc.) , to receive any economic compensation.

8. Others

Participants are obliged to help the injured and to respect the traffic rules at road junctions.

The organization reserves the right to make the changes it deems necessary, depending on the different conditions, as well as the suspension of the event, if weather conditions so require, or for reasons of force majeure.

In the event that a participant cannot participate and/or the weather conditions/force majeure do not allow the event to be held or its cancellation, the organization does not feel obliged to return the registration fee, as well as the reimbursement to the sponsors.

9. Omissions

Cases not covered by this regulation will be resolved by the organizing committee, whose decisions will not be appealed.